READINESS • STEWARDSHIP • TRANSFORMATION

Randolph AFB, Texas • 57th Year, No. 25 • July 2, 2003



Randolph celebrates Independence Day On base residents urged to use event shuttle service

By Jennifer Valentin Wingspread staff writer

Randolph's residents heading for the Fourth of July celebration on the South Ramp Friday are encouraged to take advantage of a special event shuttle.

"The celebration kicks off at 5 p.m. and the shuttle bus will start running at 4:30 p.m., said Shelta Reese, 12th Services Marketing Director. Services is the sponsor of annual Independence Day salute.

"The shuttle will stop at nine pick-up and drop-off points throughout housing and at the south ramp," said Ms. Reese. "The shuttle will run continuously from 4:30 to 7 p.m. and then will start up again at 10:30 p.m. and run as long as it is needed."

A map showing the shuttle route and the location of

each stop is displayed on page 14.

"This is a great way for Randolph families and people in the local communities to celebrate the Fourth of July," said Col. Mark Graper, 12th Flying Training Wing commander. "I encourage all base personnel, especially those who live off base, to reach out to their neighbors and invite them to help us celebrate our most precious patriotic holiday.

There will be plenty to do, say services officials. The event includes food booths, live music, children's activities and various sports skills events.

"Planet Soul" will perform on stage from 6 to 7:30 p.m. and "Two Tons of Steel" will perform from 8 to 10 p.m.

The activities for children include jewelry making, face painting, flag making and a variety of other games. The children's entertainment tents will be open from 5-8:30

p.m. In addition to live entertainment, the fare at food booths includes hamburgers, hot dogs, fajitas, turkey legs, snow cones, ice cream, soft drinks and more.

The celebration concludes with a star-spangled fireworks display at 10 p.m. The 20-minute display is recognized as one of the best free fireworks displays in the region.

Visitors are reminded that coolers, picnic baskets, weapons, personal fireworks or pets are not allowed to be brought onto the base.

"Everyone is encouraged to bring blankets and portable chairs because there is no public seating on the ramp," said Ms. Reese. "We also encourage people to protect themselves against the summer sun by wearing hats or caps and using a strong sunscreen."

See **SHUTTLE** on page 14

12th Flying Training Wing training timeline Weekend weather **Pilot Instructor Training Navigator, EWO training** Wing Sortie Scoreboard **Squadron Senior Class Overall** 563rd FTS 562nd FTS Aircraft Required Flown **Annual** Day **Forecast** High Low 99th FTS -12.0 0.5 Air Force 248 Undergraduate 49 T-1A 2,882 2,776 3,835 558th FTS 1.2 -0.2 Thursday International T-6A 6,534 6,577 8,863 Navy 83 12 559th FTS 6,408 0.5 1.7 **EWC Course** International 2 0 T-37B 6,616 8,641 Friday 93 72 560th FTS -12.8 T-38A 6,482 6,580 8,640 **Fundamentals** 0 T-43A 876 907 1,158 Numbers reflect students currently in training 95 Saturday 73 Numbers reflect days ahead or behind for The 562nd shows source of navigator senior pilot instructor training class and an Numbers reflect the required and flown students. Air Force students include Air Force average for all PIT classes currently in training. Sunday missions for the current month, and the Reserve and Air National Guard. The 563rd required missions for fiscal 03.

indicates students in specific courses.

View from the top

Commander sends Independence Day message



Gen Don Cook

By Gen Don Cook Commander, Air Education and Training Command

On July 4, 1776, we claimed our independence as a nation and boldly formed a democracy.

Since those early days when our founding fathers established the United States, people from all nations and walks of life have ventured to the "land of the free and the home of the brave" to begin a new life and realize the "American Dream." We should

never forget the sacrifices of our forefathers as they secured and preserved liberty for a new nation.

This July 4th, we continue the pursuit of liberty by waging an international war on terrorism. Our success in Operations Enduring Freedom and Iraqi Freedom is key to our future security. In Afghanistan and now Iraq, we are sharing our freedom by planting the initial seeds of democracy, which we hope will blossom for generations to come.

John Adams wrote the Fourth of July should be "...celebrated by pomp and parade, with shows, games, sports..." Clearly, our nation's second President recognized the significance of celebrating freedom. Today, we celebrate not only this country's independence, but also the spirit of freedom that is alive, vibrant, and worldwide.

"God grants liberty to those who love it and are always ready to defend it," penned statesmen Daniel Webster. In the twentyfirst century, we are the liberty's defenders, applying the world's most dominant air and space power to secure freedom.

On this 227th anniversary of the birth of our nation, I encourage you to actively participate in celebrating America's uniqueness, it's people, it's heroes, and it's airmen. As we celebrate, remember those who made the ultimate sacrifice, our veterans, and those who continue to serve.

Happy Independence Day.

Wing commander cites citizen soldier

By Col. Mark Graper 12th FTW commander

Friday marks the 227th anniversary of the signing of one of freedom's greatest monuments - the Declaration of Independence.

On that Fourth of July in 1776, 13 colonies, not yet a nation, declared to the world "...that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness."

A seven-year war followed. Nine of the signers died of wounds or hardships, 17 lost

everything that they owned, and five were imprisoned or captured. We all know that freedom is not

The legacy of those citizen soldiers carries on today. More than 130 of our brothers and sisters in arms at Randolph are currently deployed in support of freedom around the world. Their courage and sacrifice personifies our wing themes of readiness, stewardship and transformation. Please take a moment during this holiday weekend to reflect on those who are deployed and can't be with their families.

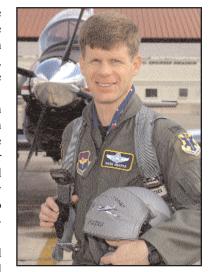
As you enjoy the Air Education

and Training Command Family Day tomorrow and celebrate this Fourth of July weekend, I urge you to honor the courage, vision and sacrifices of those who fought before us. We owe thanks, as well, to our honored retirees in the local area. They and their families set an example of service and commitment, without which our country would not have remained free. Be proud, as well, of what each of you does to preserve and protect our blessings of liberty today. You have earned the gratitude of Americans everywhere.

For those of you who are leaving the area, please make sure you plan your trip with plenty of opportunities for rest, anticipate heavy traffic on the roadways and drive safely.

For those of you staying in the local area, I hope you can join us for a fun, safe celebration here at Randolph Air Force Base. I am very excited about our own Fourth of July activities and encourage you to bring your family and neigh-

Melinda and I wish you and your loved ones a safe and joyous Fourth of July.



Col. Mark Graper

Sparklers reach 1,800 degrees and cause third degree burns.



Do you really want to give one to your kids?

Motorcycle accidents account for half of '101 Critical Days' deaths

By Staff Sgt. Carlos Trevino Air Force Print News

Motorcycle riders account for more than half of the Air Force's safety-related deaths during this year's 101 Critical Days of Summer safety campaign, according to Air Force Safety Center officials at Kirtland Air Force Base, N.M.

Officials said there is an alarming trend in motorcycle accidents involving airmen, which has accounted for six of the 10 Air Force deaths so far during this year's safety

Those who take unnecessary risks "think they are invincible," said John Russell, chief of ground safety at

"Most were single-vehicle mishaps with speed and failure to maintain control (as) the key factors," Russell

While motorcycle fatalities are a growing concern during the first one-third of the 101 critical days, the potential for deaths involving four-wheeled vehicles and work-related mishaps should not be discounted, he said.

"We want our personnel to enjoy their well-deserved recreational activities during this season but, we don't want our folks to forget about assessing the risk in their activities. We have smart people; we want them to make smart decisions," Russell said.

People returning from deployment abroad face additional challenges, he said.

"Many of our members are making plans to become reacquainted with their family and friends. The last time we experienced a 101 critical days period directly following combat operations was in 1991. That summer we lost 42 Air Force warriors in needless mishaps, twice the average of summer mishaps for the preceding five years," he said.

There are things people can do to avoid becoming accident victims during the remaining safety campaign, Russell said.

"Always assess the risk," he said. "If you have uneasiness in performing a task or being a participant in an activity, evaluate it. There are risks associated with everything we do; positive results are achieved when we look at all risk factors and make smart decisions. This includes the Air Force mandatory motorcycle safety-training course, and wearing your seat belt while operating a motor vehicle.

"Safety is an attitude that must be considered 24 hours a day, seven days a week. Being responsible for our actions by making sound decisions is key to mishap prevention," Russell said. "Every member of the Air Force is vital to our nation's defense, and we must take the steps necessary to protect them from harm."

Randolph Air Force Base, Texas

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Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of building 100. Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760. All photos, unless otherwise indicated, are U.S. Air Force photos

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The Air Force has a well-established complaint program, which allows you to present a complaint at any level in the Inspector General system. We are ready to help you quickly and fairly. No one may take action against you because you have complained. If you think someone has acted against you because you've complained, tell us!

Building 100 (Taj Mahal) Room 203, Phone: 652-2727 Fraud, Waste and Abuse Hotline: 652-3665

Air Force Instruction 90-301 describes the IG Complaint Program, how to register a complaint, and to whom you should talk. Although you may speak to an IG at any level, experience has shown that those best equipped to resolve complaints are your commanders and supervisors. I encourage you to give them a chance to help.

The IG Complaint Program does not cover all areas of possible concern. Please use the following chart to determine where to seek help with matters covered by other programs. This is not all encompassing, so if you are uncertain about where to seek help, we will gladly assist you.

U S A F COMPLAINT SYSTEM

TYPE OF COMPLAINT	REFERENCE	POINT OF CONTACT
Civilian Discrimination (Ethic, Gender, Religion) AFI 36-1201		12th FTW/CCD
Civilian Employment and Equal Opportunity		12MSS/DPC
Appeal of an OPR or EPR	AFI 36-2401	12MSS/DPMPEA
Correction of Military Records	AFI 36-2603	12MSS/DPMPS
Military Equal Opportunity and Treatment	AFI 36-2706	12FTW/ME
Private Indebtedness	AFI 36-2906	Unit commander
Support of Dependents	AFI 36-2908	Unit commander
Administrative Separations (Officer)	AFI 36-3206	12MSS/DPMARS
Administrative Separations (Enlisted)	AFI 36-3208	12MSS/DPMARS
Claims against the Government	AFI 51-501	12FTW/JA
Punishment under the UCMJ	AFI 51-202	12FTW/JA
Hazardous Working Conditions	AFI 91-302	12FTW/SE

Randolph VA 90-1, Aug 19,2002 • Supersedes Randolph VA 90-1, April 15, 2002 • OPR: IGQ Dist: F-Air Education and Traini

Battle of the Groups

Here are the standings as of close of business Monday:

12th Support Group: -19.195512th Medical Group: -4.0000

12th Operations Group: -3.035712th Logistics Group: -19.0000

Don't trust your life to luck ... buckle up

July 4th National Crackdown... You drink, you drive, you lose

By Tech. Sgt. Joseph Del Frate 12th Security Forces Squadron

Randolph is joining law enforcement agencies across the nation to warn motorists of the largest July 4th nationwide crackdown against drunk driving— "You Drink and Drive. You Lose".

After years of gradual improvement, fatalities in alcohol-related crashes are again on the rise. The National Highway Traffic Safety Administration estimates that 17,448 people were killed in alcohol-related crashes in calendar year 2001, representing 41 percent of the 42,116 people killed in all traffic crashes. In calendar year 2002, an estimated 17,970 people were killed in alcohol-related crashes, representing approximately 42 percent of the 42,850 total traffic fatalities.

Another study conducted by NHTSA concluded that the habitual driving while intoxicated and driving under the influence violators commit the offense approximately 82 times per year; that's one and a half times per week. Multiply that by the number of people who are expected to travel on America's highways during the upcoming week of the 4th of July and this holiday season could prove to be one of the deadliest periods ever for impaired driving fatalities.

The "You Drink and Drive. You Lose" national crackdown runs through to July 13. As part of the campaign, security forces and local civilian law enforcement agencies will be working hard to protect everyone from impaired drivers. Civilian law enforcement officials will be out in full force conducting sobriety checkpoints and saturation patrols to arrest and prosecute DUI offenders to the fullest extent of the law. The Security Forces will also continue to utilize their DWI/DUI Countermeasures Program by screening motorists as they process through the installation gates and by actively patrolling base roadways.

To help raise awareness about the campaign, Congress provided the NHTSA \$11 million to produce and place national advertisements in English and Spanish. The ads will run through July 13, on national networks and programs primarily viewed by 18 to 34 year-old males Research shows this is the demographic most likely to

"Our message is simple -Don't drink and drive because you will get caught."

> Capt. Kareem Brooks 12th Security Forces operations officer

drive impaired. The ads focus on what research shows will affect behavioral change among this group, such as increased threat of arrest and of loss of car, license and money. This is the first time the crackdown will be supported by a national advertising effort.

Studies by NHTSA also show the majority of Americans support these types of efforts to protect their communities from impaired drivers. Americans consider impaired driving one of the nation's most important social issues, ahead of healthcare, poverty, hunger, racism or education. Nearly 97 percent of Americans view drunk driving as a threat to the community. As a result, the majority of Americans support increased use of enforcement efforts like saturation patrols and sobriety checkpoints to identify and arrest violators. Furthermore, three-fourths of Americans also endorse the use of stricter and more severe penalties against impaired drivers.

"In 2001, 25 Randolph members were arrested for drunk driving violations and in 2002 the number climbed to 26", said Staff Sgt. Jeffery Moody, NCO in charge reports and analysis. "So far in 2003, nine Randolph members have been arrested for drunk driving."

"Our message is simple - Don't drink and drive because you will get caught", said Capt. Kareem Brooks, 12th Security Forces operations officer. "Violators can lose their licenses and time from their jobs, pay expensive fines, have their vehicle towed and impounded, pay bail, legal fees, court costs and be subjected to pay for all medical treatment should they become injured or injure someone else. Offenders could also face imprisonment for repeat offenses, assault and intoxication and vehicular manslaughter.

"Active duty military personnel could receive even more punishment via the Uniform Code of Military Justice regardless of where the violation occurs (onbase or off-base). Military members could receive nonjudicial punishment in the form of an Article 15, reduction in rank, forfeiture of pay and allowances, and be mandated to perform extra duty; just to name a few. And, lets not forget a drunk driving incident could result in a civil lawsuit should an innocent person be injured or killed as a result of a traffic accident or similar incident," said the captain.

Randolph leadership reminds everyone... DON'T RISK IT!!! If you plan to drive, don't drink. Choose a sober designated driver before going out. If the designated sober driver decides to drink, don't get into the car. You are subjecting yourself and your friends and other non-suspecting motorists to being involved in a potentially fatal traffic accident. Instead, call a sober friend, supervisor, co-worker, or your unit leadership and ask them for help in getting you back to your

Most units have a policy that if you call for a ride, they will come and pick you up... no questions asked. If by chance you cannot locate a sober driver or you cannot contact someone in your chain of command, call a taxicab or spend the night where the activity is being

Don't forget that all military personnel are legally obligated to report impaired drivers and other criminal activity to the security forces, civilian law enforcement and your chain of command IAW with the UCMJ. Passengers too can face criminal prosecution and/or non-judicial punishment as a result of their actions. Contrary to popular belief, civilians are legally bound by civilian law to report drunk driving violations to law enforcement agencies as well.

The "You Drink and Drive. You Lose" national campaign, which was originally launched in December 1999, is a comprehensive impaired driving prevention program focused on highly visible criminal justice related efforts to deter impaired driving. The national campaign was designed for use by states and communities to save lives.

Top Brass launches Operation Tribute to Freedom to honor troops

By Casie Vinall

Special to American Forces Press Service

WASHINGTON - The military's highest ranking officer kicked off Operation Tribute to Freedom a Pentagon press briefing June

The tribute is a way for members of local communities to show their appreciation to the troops, according to Air Force Gen. Richard B. Myers, chairman of the Joint Chiefs of Staff.

than 100,000 of our soldiers, sailors, airmen, Marines and Coast Guardsmen have returned from overseas. As they do, many communities from around our country are paying tribute to the efforts and sacrifices these brave men and women have made in our global war on terrorism."

The tribute has three major goals: thank the servicemen and women, strengthen the tie between citizens and the military and recognize that the war on terror is not yet

"We have established Operation Tribute "While operations in Afghanistan and to Freedom as a way for the military to bring new meaning to the term Iraq continue," General Myers said, "more support as many community efforts as 'neighborly," the general said.

possible," the general said. The initiative began on Memorial Day, he noted, "which is a natural starting point to reflect on the sacrifices of our military members and their families."

Many Americans throughout the nation have already paid tribute to the nation's troops in many ways, General Myers said. "Some have placed yellow ribbons on mailboxes, hosted a parade or, like one family in St. Jacob, Ill., they have taken over their neighbor's lawn care until he returns from Iraq," he said. "I think they

General Myers said he was amazed recently, at the number of flags and yellow ribbons he saw displayed while he was traveling through small towns about 40 miles west of the Pentagon. These displays, he said, are all part of the national effort to recognize the sacrifices that our armed

"The official Tribute to Freedom events scheduled for this summer and beyond will continue that support for our fighting forces," General Myers concluded.

For more information about Operation Tribute to Freedom, go to www.defen damerica.mil/otf/.

News Briefs

Family day

Gen. Don Cook, Air Education and Training Command commander, announced the following family days: Thursday, Nov. 28, Dec. 26 and Jan. 2, 2004. People who have questions about their days off should check with their supervisor.

Commissary closure

The commissary will be closed July 9 for systems software change over for the resale system. They will re-open for normal business hours July 10.

For more information, call 652-2502.



Access breaking news at United States Air Force Online News, the official newspaper of the United States Air Force. A simple click to www.af.mil/news/ keeps you informed about events.

Vigilance by all is the best defense at home

Airmen retrained to undermanage career fields

More than 900 airmen may be involuntarily moved to career skills with manpower shortages starting Monday, according to Air Force Personnel Center officials here.

Although 450 airmen volunteered to change career fields during the initial phase of this year's noncommissioned officer retraining program, it was not enough.

Around the second week of July, officials will begin notifying airmen selected as most vulnerable to retrain. They will ask the airmen to submit their choices of shortage career fields they would most like to retrain into as part of the program's Phase II. The second phase runs through Aug. 15.

"This phase of the retraining program is necessary to help meet the needs of the Air Force by putting airmen where they are needed most," said Chief Master Sgt. Alvin Diaz, chief of the skills management branch here.

Under Phase II, not everyone is guaranteed his or her first choice. Major commands continue to accept volunteer applications. Personnel officials encourage all eligible NCOs to also consider special-duty assignments such as recruiting, military training instructors, first sergeant duty or professional military education instructor.

"There's still time for those who have been identified for possible retraining to

each airman, but if it were me, I'd think having control over my career would be a priority and help reduce the stress of not knowing whether or not I will get that notification asking me to make a selection — I'd volunteer."

The retraining program is designed to help balance the enlisted force by moving NCOs in specialties with surpluses to those with shortages. In April, the Air Force said it needed about 1,400 airmen to change careers.

Factors such as retention rates and new promotions have an effect on how many airmen will finally be retrained and where they will be needed, said chief Diaz.

volunteer," said chief Diaz. "It's up to step up and volunteer, we'll be looking for Flight at 652-1845. (AFPC News Service)

another 900 or so," he said.

"We will work with those who have been selected for retraining, as we would any retraining case, in order to make the transition as smooth as possible for the airman and his or her family while still meeting the needs of the Air Force," said Tech. Sgt. Derek Hughes, noncommissioned officer in charge of Air Force retraining at Air Force Personnel Center.

Vulnerability listings by grade and Air Force specialty code will be updated online weekly on the AFPC Web site at https://www.afpc.randolph.af.mil/enlskill s/Retraining/retraining.htm.

For more information on the program, "But unless a large number suddenly call the Randolph Military Personnel

Immunization Clinic offering two-shot Hepatitis A series

By Richard Zowie Wingspread

To comply with the Texas Department of Health's new requirement for Hepatitis A immunizations, the immunization clinic is offering the Hepatitis A immunization series to all Randolph children enrolled in TRICARE ages two- and older.

Children born on or after Sept. 2, 1992, are required to

begin the two-shot series on or after their second birthday.

The shots are given six months apart. For example: If the first Hepatitis A shot was given Jan 20, 2003, the second Hep A shot is due on or after, but not before July 20, 2003. The second dose needs to be completed by Aug. 1, 2003, which is the state deadline for completion of the two-dose series. If your children have not received their first dose of the Hepatitis A immunization series, they need to come into the immunization clinic as soon as possible.

Immunization clinic hours for Hepatitis A shots are 7:30 to 11:00 a.m. and 1:00 to 3:30 p.m. Monday through Friday. The immunization clinic will also be open July 30 from 7:00 a.m. to 12:00 p.m. and July 31 from 7:00 a.m. to 4:30

For more information on the Hepatitis A vaccine, visit the TDH Web site at www.tdh.state.tx.us/immunize/ hepa_school.htm, call the Immunization Clinic at 652-3279, or contact Maj. Felicia Johnson at 652-2543.

Wing recognizes base volunteers

The 12th Flying Training Wing recognizes the following people for their volunteer support of the base community relations program by serving as speakers and tour guides during June.

Speaker: Col. Mark Nadeau, Air Force Personnel Center; Lt. Col. Richard Baumann, 12th FTW; Lt Col. Kenneth Gaines, Air Force Personnel Center; Lt. Col. Anthony Amadeo, AFPC; Lt. Col. Lawrence Waterman, Air Education Training and Command; Lt. Col Sandra Miarecki, 19th Air Force; Maj. Bryan Adams, AFPC; Maj. Edward O'Connor, AFPC; Maj. Angela Ogawa, AFPC; Maj. Alexander Gonzalez, 12th FTW; Maj. Carl Miller, AFPC; Maj. Joseph Aigner-Varoz, AETC; Bob Laymon, 12th FTW; Capt. Karen Sanders, AFPC; Capt. Scott Grundahl, 12th FTW; Capt. Jason Corrothers, AFPC; Capt.

Thomas Bodnar, AETC; Capt. James Harlow, AETC; Capt John Harris, 12th FTW; Capt. Todd LeGrand, 12th FTW; Capt. Ken Norman, AFPC; Maj. Garald Egts, AETC; Capt. Todd Yackley, AETC; Capt. Katherine Barber, AETC; 1st Lt. Denise Burnham, AETC; 2nd Lt. Merle Richard, AFPC; 2nd Lt. Robert Lowe, AETC; 2nd Lt. Tresa Canada, AETC; 2nd Lt. John Riester, AETC; 2nd Lt. David Schichtle, 12th FTW and 2nd Lt. James Burnham, 12th FTW.

Tour Escorts: Maj. Phillip Hardy, 12th FTW; 2nd Lt. Vincent Heitmann, 12th FTW; Staff Sgt. Brande Barkley, 12 FTW and Staff Sgt. Susan Edmonds, 12 FTW.

For more information or to volunteer for any of these programs, call the community relations section of the wing public affairs office at 652-4407.



Honor Guard recruiting

The U.S. Air Force Honor Guard, located at Bolling AFB, DC, is conducting a recruiting briefing at 3 p.m. Monday in the Officers' Club ballroom. Members of the 4-person Drill Team will also perform at the briefing. Representatives will be on hand to discuss the program in person. The elite unit is looking for senior airmen through senior master sergeants. All applicants must meet minimum time on station requirements and are encouraged to bring their spouses to the briefing. For more information, please contact Tech. Sgt. Brian Jones at (202) 404-7501 or DSN 754-7501. (Courtesy photo)

Know rules for bringing guns on

By Jennifer Valentin Wingspread staff writer

The 12th Security Forces Squadron stresses that there are rules and regulations on carrying concealed handguns on base. These rules have not changed, it is important to periodically review them.

As posted at all installation gates, "It is unlawful to possess a firearm or other dangerous weapon on a federal facility. Violators may be fined, imprisoned or both, according to Title 18 U.S.C. Sect. 930."

Additionally, AFI 31-101 installation commanders the ability to

establish procedures for possession and registration of firearms and other dangerous weapons on an installation. Randolph Instruction 32-101 prohibits weapons, flares, fireworks, ammunition or any type of explosive devices in unaccompanied housing.

If a person comes to work on base, they are not allowed, under any circumstances, to carry concealed handguns in their car or at the work place. Federal law take precedent over State concealed handgun permit authorizations.

If a person lives in the dorms or is staying in billeting, weapons must be stored in the

12th SFS armory. They may access their weapons to engage in shooting sports that are designated at on and off base facilities or locations, said Staff Sgt. Michael Gilbert, NCO in charge of the 12th SFS armory.

After picking up their weapon from the armory, owners must go directly to and from the public skeet range on Randolph, or proceed immediately off of the installation.

"They are not allowed to stop along the way," he said. "They have to go straight to the armory."

The weapons storage policy is different if a person occupies accompanied military

family housing located on base. According to Instruction 31-101, a person is allowed to retain possession of their weapons, but must register them with the 12th SFS. The transport and on base usage are the same, said the sergeant.

The penalty for violating these rules includes judicial and administrative punishment, and possible jail time, depending on the situation.

If a person owns a weapon, they are asked to stop by the 12th SFS Armory, located at Building 235, Monday through Friday, from 7 a.m. to 5 p.m.

For more information, call 652-4365.

Civilian personnel data system upgrade to halt service temporarily

A necessary upgrade to the Defense Civilian Personnel Data System will shut down services July 18-31.

The improvement, which affects the servicing of over 130,000 Air Force civilian employees, will allow all Department of Defense civilians to transact much of their personnel business via a new Web-based system called Oracle Federal HR 11i, officials said. Currently, the system runs on Oracle HR Application 10.7.

"During the downtime, users will still be able to go into the old programs and input data, but transactions will not be processed by the system until 11i is brought online," said Charles Huerta, director of civilian personnel operations

"Our users will soon be able to access the database using a standard Web browser. In the long run, this upgrade will increase the system's functionality and be an overall better system for the customer," said Mr. Huerta. "But, we need to shut [the system] down while technicians do the conversion. We appreciate everyone's patience."

Users will benefit from increased security and performance, as well as a slightly different look on their computer screens, officials said.

"We think that this upgrade will improve personnel functions for our civilians," Mr. Huerta said.

Services that are affected by the upgrade include: updates in the Integrated Voice Response System which allows customers to call in changes to their health benefits, life insurance and Thrift Savings Plan; Resumix and Civilian Personnel Decision Support System used to run hiring and promotion programs; Civilian Servicing Unit for accessing employee data; Civilian Virtual In-processing Program for newly hired employees; Personnel Automated Record Information System used to update the electronic official personnel folder of each employee; and the civilian secure Web applications regularly accessed by individuals to review personal records and change benefits.

For more information, contact the Air Force Personnel Center Technical Assistance Center at DSN 665-3995. (AFPC)

America at War

"The search for Iraq's WMD continues. We're still early in the process, and the task before us is



sizable and complex, but we do know this; before the war, there was no debate about whether Iraq had weapons of mass destruction programs. Virtually everyone agreed they did: in Congress, in successive Democratic and Republican administrations, in the intelligence communities here in the United States, and also in foreign countries and at the U.N., even among those countries that did not favor military action in Iraq."

Secretary of Defense Donald Rumsfeld DoD briefing, June 24

Randolph supports global mission

As of Monday, 124 Team Randolph members are deployed in support of military operations around the globe.

U.S., Pakistan Presidents fight against terrorism By Sgt. 1st Class Doug Sample American Forces Press Service

WASHINGTON,- Calling him a "courageous leader and friend to the United States," President Bush thanked Pakistan President Perves Musharraf for assisting the United States in its war on terrorism.

During a brief press availability at Camp David, Md., Bush said that since the terrorist attacks of Sept. 11, Pakistan has apprehended more than 500 al Qaeda and Taliban terrorists.

"Both the United States and Pakistan are threatened by global terror, and we're determined to defeat it," Bush said, citing Pakistan's support in the U.S. campaign against the Taliban in Afghanistan.

"Today both our countries are working with the Afghan government to build a

stable, democratic Afghanistan with secure border regions that are free from terror and free from extremism," President Bush said.

"We have cooperated closely in the global fight against terrorism, and we stand determined to rid the world of this menace," Musharraf said.

"We abhor terrorism in all its forms and manifestations. There is no cause that can be justified or promoted through terrorist acts, and Pakistan is moving against terrorism, in its own national interest," he added.

Bush cited terrorists like Khalid Shaikh Mohammed are no longer a threat to the United States or Pakistan. Mohammed was captured in a raid in Pakistan March 1 after being on the FBI's most-wanted list. He is believed to be a key aide to Osama bin Laden and an al Qaeda operative.

"Slowly but surely, we're dismantling the networks," Bush said. "And we'll continue on the hunt. It doesn't matter how long it takes. It could take a day, or it could take a month. It could take years.

Musharraf said that for the first time, Pakistani troops have entered an area known as the Federally Administered Tribal Areas, "where the government never entered for over a century," in search of al Qaeda operatives who are non-Afghan and non-Pakistani.

"It is the first time that the Pakistan army and our civil armed forces have entered this region, and we are in the process of opening up this region" Musharraf said. He added that his forces would be after "any al Qaeda operative" hiding in the region.

"We are fully inside the areas, ... which are treacherous areas," Musharraf said. "...There is no doubt in my mind that the military with every passage of time will be able to locate any al Qaeda members hiding in this area."

Also during their meeting Bush said the two countries agreed on a multiyear economic and defense package.

HOMELAND SECURITY ADVISORY SYSTEM

ELEVATED

SIGNIFICANT RISK OF TERRORIST ATTACKS

CURRENT NATIONWIDE THREAT LEVEL

Source: www.whitehouse.gov

Randolph Community Bulletin Board



Miscellaneous Community Notes

Hispanic council meetings

The Randolph Hispanic Council will meet July 12 from 11:30 a.m. to 12:30 p.m. in the enlisted club Tradition Room.

For more information, call 1st Lt. Felicia Jensen at 652-4521.

CGOC meeting

The Company Grade Officers' Council will hold a meeting July 18 at 3:30 p.m. in the officers' club.

For more information, call 2nd Lt. Andrea Spencer at 652-7021.

TRICARE brief

A TRICARE briefing will be presented July 16 from 1 to 3 p.m. in the family support center.

For more information, call 1-800-406-2832.

Chief's Group meeting

The next Randolph Chief's Group meeting is Wednesday at 3 p.m. in the enlisted club.

All chiefs are encouraged to attend.

For more information, call Chief Master Sgt. Kent Uphoff at 652-5503, or visit www.chiefsgroup.org.

Base-Wide Blood Drive

The Lackland Blood Donor Center is sponsoring a base-wide blood drive on Randolph from 8 a.m. to 2 p.m., on July 11 at the Chapel Center annex by Chapel 1. These blood products are used for medical procedures at all San Antonio military installations, emergencies, and operations such as Iraqi Freedom. All blood types are welcome but there are special needs for "O" blood types.

For more information, call Ernie Astagora at Wilford Hall Medical Center, 292-8145.

Health Plan Information

Representatives from Blue Cross Blue Shield and Mail Handlers will be available July 10 from 8 to 11 a.m. in Conference Room 102, Building 399, to answer questions concerning your health plan. Appointments are not required.

For more information, call Sandra Knutson, 652-5153.

Randolph Clinic Temporarily Closed

The Randolph Clinic will be closed Thursday and Friday for the AETC Family Day and Independence Day. Regular service will resume Monday. As always, call 911 for emergencies.

Talent Show Coming Soon

The Team Randolph 1st Sergeants are hosting a musical talent show July 24, at 6:30 p.m. in the base theater. Everyone with base access is eligible to participate but the last day to sign up is July 19. Prizes will be awarded in two categories: individual and group. Entry fee is \$15.

For more information, see your First Sergeant or call 565-2449.



People who have televisions connected to cable on base have the capability of viewing the Commander's Access Channel, channel 21. The access channel provides real-time information about base events and other activities of interest to members of the Randolph community. The access channel is especially useful when people need to find out details about inclement weather reporting procedures, real-world or exercise activities, gate closures or other events that affect operations at Randolph. For more information about the access channel or to find out how to post information, call Minty Knighton or Ralph Monson at 652-5760. Air Force News Service will be broadcast Fridays at noon.



Family Support Center

Telephone: 652-5321

Building 693

WIC

Women, Infants and Children satellite office opens today from 9 a.m. to 3 p.m. Appointments are held in the family support center ballroom.

To schedule an appointment, call 225-0213.

Waiting families support group

Join others and learn about video teleconferencing, hearts apart, car care and more Monday from 5:30 to 7 p.m.

For more information, call 652-5321.

Stars and Stripes Day

All Ranks Day has been renamed Stars and Stripes Day in the Airmen's Attic. Tuesday from 10 a.m. to 1 p.m. the use of the Airmen's Attic will be restricted to all military members E-5 and above, retirees and civilian personnel. The Airmen's Attic will be available to military members E-4 and below every Thursday.

Driving Safety Course

A driving safety course is offered July 12 from 8:30 a.m. to 3:30 p.m.

Call the South Texas Safety Council at 824-8180 for more information.



Education Services

Building 208 Telephone: 652-5964

Alamo Community College district

On-base registration for fall semester San Antonio College and St. Phillip's College classes will be held on Aug 7 in the Education Center, Building 208. This registration will be distributed July 28, 29 in room 10, Building 208. A St. Philip's college counselor will be available on July 17 to

Call 659-1096 for more information.

University of Texas at San Antonio

assist with fall course selection and degree planning.

A representative from UTSA will be available at the Randolph Education Center, Building 208, July 8, from 1:30-4:00 pm

Please contact the office of Graduate Studies for more information at 458-GRAD (4723).

Embry-Riddle Aeronautical University

ERAU is currently accepting applications for admission to the Bachelor of Science in Professional Aeronautics, Bachelor of Science in the Management of Technical Operations, and Master of Aeronautical Science Degrees. The next term runs Aug. 4 to Oct. 5. Transfer credit accepted. Undergraduate credit available for AF 7-level, A or P license. Graduate credit available for certain Air Force Officer courses, including SOS, ACSC, AWC, PIT, FSO. Registration begins July 21. Applications are also being accepted for qualified adjunct faculty. Masters degree in teaching field required, doctorate preferred

Please call the ERAU office here at 659-0801. More information available at www.erau/sanantonio.edu

College nonresident studies seminar

Recruiting for the AWC Nonresident Seminar Program is now underway. This is an ideal way to complete senior PME, combining self-study with a semi-formal meeting environment. Seminars are scheduled to begin in Aug. and will continue weekly until June 2004.

The program is open to active duty, guard and reserve lieutenant colonels (and above), and lieutenant colonelselects of any component of the US Armed Forces and civilian employees (GS/GM-13) or above. The Randolph Education Office is now accepting applications, the AWC On-line/Student Information System application is available at: http://www.maxwell.af.mil/au/awc/awc-ns.htm. Seminar applicants should make plans to attend the organizational meeting scheduled for Thursday, Aug. 7, 5 p.m., at the Education Center, building 208.

For more information call the education center at 652-5964.



Chapel Services

Telephone: 652-6121

Building 102

Protestant
Friday - Chapel Center Closed Independence Day.

Sunday -Worship 1, 8:30 a.m., Chapel 1; Liturgical, 10:00 a.m., Chapel 1; Worship II, 11:30 a.m., Chapel 1; Gospel, 1:00 p.m., Chapel 1.

Monday - Wedding Briefing, 3:00 p.m., Chapel Center; PAC Meeting, 5:45 p.m., Chapel Center; Male Chorus, 7:00 p.m., Chapel 1.

Tuesday - Men's Bible Study, 11:30 a.m., Chapel Center. **Wednesday** - Film Luncheon, 11:00 a.m., Chapel Center; Film Luncheon, 12:15 p.m., Chapel Center; PWOC Bible Study, 1:15 p.m., Chapel Center; Women's Bible Study, 6:00 p.m., Chapel Center; Gospel Choir, 7:00 p.m., Chapel 1. **Thursday** -Precept Bible Study, 6:30 p.m., Chapel Center;

Catholic

 $\label{lem:conditional} \textbf{Friday} \text{ - Chapel Center Closed Independence Day}.$

Saturday - Mass, 5:30 p.m., Chapel 1.

Chancel Choir, 7:00 p.m., Chapel 1.

Sunday - Mass, 8:30 a.m.,10:00 a.m., 11:30 a.m., Chapel 2. **Monday** - Rosary, 11:10 a.m., Chapel 1; Mass, 11:30 a.m.

Tuesday - Rosary, 11:10 a.m., Chapel 1; Mass, 11:30 a.m., Chapel 1; Contemporary Teen and Adult Choir, 6:30 p.m. Chapel 2.

Wednesday - Rosary, 11:10 a.m., Chapel 1; Mass, 11:30 a.m., Chapel 1.

Thursday - Rosary, 11:10 a.m., Chapel 1; Mass, 11:30 a.m., Chapel 1; Cantor Practice, 6:30 p.m., Chapel 2; Traditional Choir, 7:30 p.m., Chapel 2.

Ecumenical

Monday - Wedding Briefing, 3:00 p.m., Chapel Center. **Wednesday** - Christian Youth of the Chapel, Bible Study, 7:30 p.m., Chapel Center.



Movies

Telephone: 652-3278

Building 100

Admission at the base theater is \$2 for adults and \$1.50 for children unless otherwise noted.

Friday

"The Matrix Reloaded" (R), 7 p.m. Starring Keanu

Saturday

"The In-Laws" (PG-13), 7 p.m. Starring Albert Brooks. Two families of newlyweds meeting each other turns into chaos.

Sunday

Registration begins July 21. Applications are also being accepted for qualified adjunct faculty. Masters degree in teaching field required, doctorate preferred

"Bruce Almighty" (PG-13), 7 p.m. Starring Jim Carrey. After complaining to God about his crummy life, a television reporter inherits his powers.

July 11

"Bruce Almighty" (PG-13), 7 p.m. Starring Jim Carrey.

July 12

"Finding Nemo" (G), 2 p.m. Starring the voice of Geoffrey Rush. A father fish and a son fish get separated, making the son, Nemo, end up in a fish tank in a dentist's office.

"Finding Nemo" (G), 7 p.m. Starring the voice of Geoffrey Rush.

July 13

"Finding Nemo" (G), 2 p.m. Starring the voice of Geoffrey Rush.

"The Italian Job" (PG-13), 7 p.m. Starring Mark Wahlberg. Thieves pull off a heist leaving a huge traffic jam.

Base offers monthly activities



Services Holiday Hours for July 4th

Airmen Dining Facility

Thursday - Brunch from 8 a.m. to 1 p.m. Dinner from 4 to 6 p.m. Friday - Brunch from 8 a.m. to 1 p.m. Dinner from 4 to 6 p.m.

Bowling Center

Thursday - Open 9 a.m. to 1 p.m. Friday - Open 1 p.m. to midnight

Canyon Lake

Thursday - Open 9 a.m. to 5 p.m. Friday - Open 8 a.m. to 8 p.m.

Child Development Center Annex

Thursday - Open 6:30 a.m. to 5:45 p.m. Friday - Closed

Child Development Center Thursday - Open 6:30 a.m. to 5:45 p.m. Friday - Closed

Enlisted Club

Thursday - Open 11 a.m. to 3 a.m. Limited Menu through Gil's Pub All Nighter starting at 10 p.m. to 3 a.m. Friday - Open 11 a.m. to 1 a.m. Limited Menu through Gil's Pub Holiday Bingo 2 p.m.

Equipment rental

Thursday - Open 9 a.m. to 1 p.m. Friday - Closed

Family Child Care

Thursday - Open 8:30 a.m. to 5:30 p.m. Friday - Closed

Fitness Center

Thursday - Open 9 a.m. to 5 p.m. Friday - Open 9 a.m. to 5 p.m.

Golf course

Thursday - Open - Dawn to Dusk Friday - Open - Dawn to 1 p.m.

Human Resources Office

Thursday - Open 7:30 a.m. to 4:30 p.m. Friday - Closed

Information, Ticket and Travel

Thursday - Open 9 a.m. to 1 p.m. Friday - Closed

Library

Thursday - Open 9 a.m. to 9 p.m. Friday - Closed

Officers' Club

Thursday - Open normal operation Cashier's Cage - 9 a.m. to 5 p.m. Auger Inn - 4:30 to 9 p.m. Friday - Closed

Center Pool

Thursday - Open - Recreation Swim 1 to 8 p.m. Friday - Open - Recreation Swim 1 to 8 p.m.

South Pool

Thursday - Open - Lap Swim - 11 a.m. to 1 p.m. and 5 to 8 p.m.

Friday - Open - Lap Swim - 11 a.m. to 1 p.m. and 5 to 8

Skeet Range

Thursday and Friday - Closed

Skills Development Center

Thursday - Open 11 a.m. to 5 p.m. Friday - Closed

Auto

Thursday - Open 11 a.m. to 5 p.m. Friday - Closed

Wood Shop

Thursday - Open 11 a.m. to 5 p.m. Friday - Closed

Veterinary Clinic

Thursday and Friday - Closed

Youth Center

Thursday - Preteen - Open 5:30 to 10 p.m. Teen - Open 1 to 10 p.m. School Age Camp - Open 8:30 a.m. to 5:30 p.m. Friday - Closed

Equipment checkout services

It's summertime and Equipment Checkout has everything you need to get the most out of those lazy days of summer! Create beautiful scenery in your garden with the help of one of our lawn and garden packages. The packages costs \$32 per day and includes a mower, rake, leaf blower, hedge trimmer and lawn edger.

Plan a backyard barbeque with the aid of the large array of equipment for rent. Our large barbeque smoker is big enough to hold meat for your whole crew and don't forget to rent a canopy and a couple of coolers. We've got chairs, tables and all the sports equipment you'll need to keep your family and friends busy.

We have horseshoes and stakes, badminton, footballs, volleyballs, and a whole lot more. Come over to building 897 or call 652-3702 for more information.

Football, Pep Squad registration

Registration for the 2003 youth football/pep squad season will end July 26. Youth ages 6 to 10 can participate in flag football (age as of Aug. 1). Youth ages 11 to 13 can participate in tackle football. All players must have a sports physical prior to participating.

Fees for flag football and all pep squad participants are \$35 per player with a maximum of \$70 per family in each sport. Fees for tackle football are \$45 per player with a maximum of \$90 per family. Activity fee must be paid for all participants. Practice begins Aug. 1 and the season begins in September and ends in November.

Adults interested in coaching either football or pep squad are encouraged to stop by the youth center or call Barney Clay at 652-2088 for more information.

Youth volleyball registration

Youth Instructional Volleyball registration is open now until Saturday. Sessions will be every Saturday, from July 12 to August 9. Instruction will be provided in two sessions: ages 7 to 10, 9 to 10:30 a.m.; ages 11 to 15, 11 a.m. to 1 p.m.

Fee is \$10 and activity fee must be current. The focus of each session will be volleyball fundamentals. For more information, call the Youth Center at 652-2088.

July Bowling Activities

Family Night Special

Each Tuesday in July from 5 to 9 p.m. The package includes two games of bowling, rental shoes, a 24-oz. soda for each family member plus one large pepperoni pizza for a family of four for \$20. The cost is \$5 for each additional family member.

Red Head Pin Special

Monday through Wednesday from 9 a.m. to 3 p.m. Bowl a strike when the head pin is red and win a free game. A coupon for a free game must be used on return visit.

Family Day Special

Thursday July 3 get two games of bowling, rental shoes, a 24-oz. soda for each family member plus one large pepperoni pizza for a family of four for \$20. The cost is \$5 for each additional family member.

July Calendar

Thursday Family Day Bowling Special 9 a.m. to 10 p.m., Bowling Center

Eberle Park

Friday

Sunday

All Nighter, 10 p.m. to 3 a.m.,

Firecracker 5K Run/Walk, 8:30 a.m.,

Enlisted Club Ballroom

4th of July Celebration, 5 to

10:30 p.m., South Flightline 4th of July Golf Tournament, Shot Gun 7:30 a.m., Golf Course

4th of July Bowling Special, 1 p.m. to midnight, Bowling Center

4th of July Holiday Bingo, Early Bird, 2 p.m., Enlisted Club

Saturday "Free" Electronic Darts Night, 5 to 9 p.m., Auger Inn, Officers' Club

Game Night, (Free Darts), 4 p.m. to

8 p.m., Enlisted Club

Comal River Night Dive and Snorkel Trip, 6:30 to 10:30 p.m., Canyon

Lake

Tuesday Children's Story Hour for Pre-schoolers, 10 a.m., Library

Before and After School Registration, 9 a.m., Youth Center

July 11 Footloose Band, 6:30 to 10:30 p.m., Sky Lounge, Officers' Club

Super Social, 5 to 7 p.m., Gil's Pub, Enlisted Club

Prime Rib Friday Night, Officers'

July 12 Sunset Cruise, depart Marina 6:30 p.m., Canyon Lake

Flea Market and Craft Show, 8 a.m. to 1 p.m., Clinic Parking Lot Equipment Checkout LBJ Ranch/Shopping in Fredricksburg, depart 7:30 a.m.,

Information, Tickets and Travel
Diving Trip, depart Marina 9 a.m.,

Canyon Lake

July 16 5K Run/Walk/Crawl, 10:30 a.m.,

Fitness Center

Austin City Tour, depart 7:30 a.m., Information, Tickets and Travel

July 17 Muscle Madness Part II, 10 a.m., 11 a.m., 12 a.m., Fitness Center

July 19 Give parents a Break, 5 to 11 p.m.

Give parents a Break, 5 to 11 p.m., Youth Center Give parents a Break, 5 to 11 p.m.,

Child Development Center Give parents a Break, 5 to 11 p.m., Child Development Center Annex Family Unit Canoe Relay, 1 to

5 p.m., Canyon LakeBirthday Celebration, 2:15 p.m.,

July 25 Birthday Celebration, 2:15 p.m
Child Development Center

July 30 Members Birthday Buffet, 6 to 8:30 p.m., Officers' Club

Airmen's Dining Facility

Building 860 — 652-5533 Recorded Menu 652-MEAL (6325)

10:30 a.m. - 1 p.m. Lunch

4:30 p.m. - 6:30 p.m. Dinner

Weekday meals: 5:45 a.m. - 7:45 a.m. Breakfast 7 p.m. - 8 p.m. Carry out

Weekends and Holidays: 8 a.m. - 1 p.m. Brunch 4 p.m. - 6 p.m. Dinner No carry out

Bowling

Bowl Friday July 4 for \$1.50 per game per person from 1 p.m. to midnight.

Fast Lanes bowling promotion

This scratch off ticket promotion runs the entire month

For more information, call the bowling center at 652-6271.

Randolph athlete breaks Texas powerlifting records

By 2nd Lt. Amber Millerchip

Air Education and Training Command Public Affairs

Standing several inches shy of five feet tall, Stacy Milbauer, to the casual observer, looks little like a state record holder in powerlifting and more like a petite gymnast.

While she is short in stature, the quality control psychologist assigned to the Air Force Occupational Measurement Squadron here stood tall among the competition in taking first place in the June 14 American Powerlifting Federation South Texas Powerlifting Championships in Seguin

Along the way she set Texas state records for squat at 215 pounds, bench press at 120 pounds and dead lift at 226 pounds in the 132-pound weight division.

"I don't go to compete with other people, I go to break my records or the weight I did last competition, so all I do is compete against myself," she said. "I come out with the same end result, but I'm more satisfied and not worried about losing."

After starting out strong in 2002 with first place wins at the Randolph Bench Press Competition and AETC Championship in just her first year of powerlifting, Milbauer set her sights on serious competition this year.

She joined a three-member training group led by Ennis White, a Master Sgt. assigned to Air Education and Training Command's Computer Systems Squadron and a multi-state and military national champion.

She also joined the Southwest Texas



Stacy Milbauer works on her powerlifting technique during a lunch-hour workout June 23 at the Randolph Sports and Fitness Center (U.S. Air Force photo by 2nd Lt. Amber Millerchip)

Powerlifting Team coached by Gene Bell, a retired Master Sgt.

The team and training group provide her needed support as all her family members reside in New York. In addition to fellow powerlifters, she also receives praise and encouragement from her Air Force family.

"My squadron is one of my biggest supporters, and it's nice the Air Force supports a healthy way of living and sports program, even though powerlifting isn't a sanctioned sport," Milbauer said. "I've had nothing but support from the Air Force and my squadron.

"It's also nice to see a familiar face when

you're at a competition, because it's very scary," she added.

As a psychologist, Milbauer recognizes the psychological aspect of powerlifting, including competition anxiety. To gain an edge, she incorporates mental training into her busy schedule.

With drive and motivation her best assets, Milbauer hung in there after a couple of bad meets. She keeps coming back to the gym, listens well and keeps trying, White said.

"This sport is 50 percent physical strength and 50 percent mental," Milbauer said. "I'll go into a meet and know I can lift

a certain weight and won't be able to lift it. Then the next meet, I'll go above and beyond that,"

According to White, she has really improved physical consistency and mental toughness.

"When she first started, she was physically there, but not mentally," he said. "At the Seguin competition, I saw a big difference. She was mentally prepared, visualized all her lifts, was relaxed and confident."

Working toward the goal of making nationals next year, Milbauer trains twice a day, six days a week and competes once or twice a month.

"I make powerlifting a priority and working out is a mental relief," she said. "My work and my working out really balance each other so I have a lot more energy and focus to dedicate to my job."

She added powerlifting is an activity that can benefit everyone.

"A lot more people, especially women, should get into this sport," Milbauer said.

Many women fear building bulky muscles, when in fact, balancing cardio exercises, weight training and a healthy diet lead to toned figures, she said.

"Most people have the strength in them, it's just a matter of dedication and motivation to train," she said.

Her next competition is the AETC Championship July 12 at Little Rock AFB, Ark.

According to White, she will face more women in her class and stiffer competition at Little Rock

"This will be good for her so she can really see where she's at," White said.